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WEEKLY

Sgt. 1st Class Mary Ferguson, 8th Theater Sustainment Command Public Affairs

Maj. Gen. Stephen Lyons relinquishes command of the 8th TSC to Maj. Gen. Edward Dorman III in a ceremony on Hamilton Field, Schofield Barracks, Wednesday.



Staff Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs

Maj. Gen. Edward Dorman III (foreground, left) receives the 8th TSC's colors from Gen. Vincent Brooks, commander, USARPAC, officially hailing him as the new commander.

Pacific's logistics command changes leadership team

SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — The Pacific Theater's senior Army logistics unit changed leadership, Wednesday, on Hamilton Field, here.

Maj. Gen. Stephen R. Lyons relinquished command of the 8th Theater Sustainment Command to Maj. Gen. Edward F. Dorman III during the ceremony hosted by Gen. Vincent K. Brooks, the U.S. Army-Pacific commander.

The 8th TSC is responsible for synchronizing

logistics and supply efforts for land operations throughout the vast region, and the unit's more than 8,000 troops represent 167 different skill sets, with 35 unique capabilities, to include Military Police, Explosive Ordnance Disposal, Army watercraft, dive, engineer, transportation and sustainment operations.

"Battles have been won and lost because of logistics, and the sustainment of our forces is

See TSC A-3

SAF, 'Cacti' partner for Tiger Balm 14

Story and photo by
SGT. BRIAN ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Soldiers from Singapore and the U.S. conducted a live-fire exercise (LFX) together, here, Tuesday-Wednesday, as a part of Tiger Balm 14.

The Singapore soldiers were teamed up with the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division.

"This exercise was fantastic. (I) learned a lot of stuff from the Soldiers. (They) were

very professional during the exchange," said Capt. Syafiq Utama, 23rd Singapore Inf. Bde, 9th Division, Singapore army.

During the exercise, Cacti troops got an up-close look at how the two armies can work together, even with their different tactics.

"The Singaporeans take more defensive positions during the exercise than what we normally do when we run our missions," said Pfc. Nicholas Wilson, Company A, 2-35th. "It was good to see how the Singaporeans do things different through the exer-

cise."

Tactical communication on the battlefield is critical to the success of any operation involving multiple military units, especially units from different countries.

Tiger Balm 2014 provided the Cacti an opportunity to train with their Singaporean counterparts, building interoperability and establishing solid working relationships between the militaries of both nations, and

See SINGAPORE A-4



Singaporean soldiers of the 23rd Singapore Inf. Bde., 9th Inf. Div., Singapore army, charge forward as they advance on their objective during the live-fire exercise, part of Tiger Balm 14, Wednesday. Tiger Balm 14 is a USARPAC and Singapore army bilateral Theater Security Cooperation Program event through which participants strengthen their capabilities in military-to-military cooperation while focusing on interoperability.

Virtual TH offers real-world communication

USAG-HI Facebook town hall scheduled for this Tuesday

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Soldiers and families are invited to attend the garrison's upcoming digital town hall, 6-7:30 p.m., Tuesday.

"As the new garrison commander, this town hall helps me understand which services and programs are important to our Soldiers, families and civilians," said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii. "It also highlights any garrison support areas that may need improvement or revision."

Subject matter experts will be on hand to answer queries about on-post programs and services, including the Directorate of Emergency Services; Island Palm Communities; the Directorate of Public Works; and the Directorate of Family and Morale, Welfare and Recreation.

This quarterly event allows participants to present issues that impact the community to garrison representatives in a convenient venue that doesn't require in-person attendance.

Participants are asked for patience when waiting for a USAG-HI response. Historically, a high volume of comments is received, and every question will not be addressed during the 90-minute online town hall.

Any original posts not addressed the evening of July 29 will be answered in the days following the virtual event.

See VTH A-4

VISITING HAWAII



Staff Sgt. Matthew Ryan, 25th Infantry Division Public Affairs

Lt. Gen. David Halverson, commander, U.S. Army Installation Management Command and assistant chief of staff for Installation Management, comments on features of the military vehicle wash rack, currently under construction, to Maj. Gen. Charles Flynn, commander, 25th Infantry Division and senior commander, U.S. Army-Hawaii.

Halverson paid a visit to Hawaii with stops at Fort Shafter and Schofield Barracks, Monday. Halverson also held a town hall with employees of IMCOM-Pacific Region and visited the headquarters of the U.S. Army-Pacific Command.



Joseph Bonfiglio, U.S. Army Corps of Engineers-Honolulu District Public Affairs

Lt. Gen. Thomas P. Bostick (second from right) chief of engineers and commander, U.S. Army Corps of Engineers, offers guidance to Corps leaders on the U.S. Army-Pacific Mission Command Facility (MCF). Bostick and senior USACE and USARPAC leaders were briefed on the construction status of the MCF at Fort Shafter, July 17.



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APACHE ON APPROACH



Chief Warrant Officer Mark Leung, 25th Combat Aviation Brigade, 25th Infantry Division

A Task Force Lightning Horse AH-64E Apache Guardian from 1st Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, conducts deck landing qualifications, a historical first for the E model of the Apache, on the flight deck of amphibious assault ship USS Peleliu (LHA 5) while underway for Rim of the Pacific 2014.

Deck landing qualifications are one of several maritime training exercises the Apaches of the 1-25th Armed Reconnaissance Bn. are participating in during their 60-day deployment to Hawaii as part of an initiative to build greater joint maritime capabilities in the Pacific.

Police Call

Be safe Friday at start of new school year

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

As the end of summer draws near, parents and children everywhere are preparing for the start of the new school year.

Regardless of whether you have children, there are many key things to consider as the school year begins, Friday, Aug. 1.



Jackson

The start of the school year means an increase in traffic during the drop-off and pick-up times. Keep in mind that there will be buses and parents dropping-off and picking-up children at school, and this could affect your daily travel. There will be more traffic flowing through all of the gates and throughout various neighborhoods on the installations.

Watch for children loading and unloading buses, and plan extra time into your morning travel in the event you find yourself slowed down by a bus. Always use caution when a bus is near and exercise patience!

Remember, it's against the law to pass a school bus while its red signal lights are flashing.

Aside from increased vehicle traffic, the school year also causes an increase in pedestrian traffic from the neighborhoods to the schools. Be on the lookout for children and parents walking on their way to class, especially when travelling through intersections and drive-ways.

Stay alert while driving and follow all posted signs for school zone speed limits and pedestrian crossings.

Again, all elementary and middle schools across the garrison resume classes beginning Aug. 1. Drop-off times in the mornings will be weekdays from approximately 7-8:30 a.m.; pick-up times Monday, Tuesday, Thursday and Friday are from approximately 1:45-2:30 p.m.; pick-up on Wednesdays will take place from ap-



Aiko Brum, U.S. Army Garrison-Hawaii Public Affairs

A crossing guard ensures the safety of children enroute to an elementary school across a busy intersection. Whether you live on or off post or have children, stay alert near school zones.

proximately 1-1:45 p.m. Please follow the instructions of the Military Police to ensure a smooth and timely drop-off

and pick-up.

Parents must ensure that their children have proper supervision when traveling to and from school. Children under the age of 10 cannot be left unsupervised at bus stops and cannot walk to school alone. Make sure children ages 10 and older are safe during their walk to and from school by looking both ways before crossing streets in crosswalks, reporting any suspicious activity or any incidents to the nearest adult, and staying in groups whenever possible.

Safety is always a team effort!

To assist in the smooth transition to a new school year, there will be an increased MP presence in the surrounding neighborhoods and heavily travelled school routes. MP patrols will conduct radar enforcement and presence patrols to ensure the safety of children and the community as a whole. However, responsibility to ensure a safe start to the new school year falls on every member of the community.

We look forward to a great and safe school year!

FiTSTEPS in FAITH

Sometimes we can financially say ‘In God we trust’

CHAPLAIN (CAPT.) CARLOS A. MOLINA
2nd Squadron, 14th Cavalry Regiment
2nd Brigade Combat Team
25th Infantry Division

Have you noticed how much our finances affect our spirituality?

“The rich rule over the poor, and the borrower is slave to the lender.” — Proverbs 22:7

This verse is true!

As a nation, we are in so much debt that some analysts think it will be impossible to ever repay it.

While you and I may not be able to relieve our national debt, we can do much regarding our personal debt.



Molina

Financial expert and author Dave Ramsey teaches six steps to get out of debt in his famous Financial Peace University class.

- First, stop borrowing money! Get rid of all credit cards. Commit to live on what you make. Spend not a penny more than you earn.
- Second, begin saving money. Set aside an emergency fund of \$1,000. Do not use it unless it is a real emergency.
- Third, pray.
- Fourth, sell something! We all have

stuff that we don't use or need — sell it! It might mean a bit of inconvenience and more planning on your part, but it will save you in the long run.

- Fifth, get a second job to earn more income. The goal is to make more money than you spend. Sometimes the only way to do this one is to get a second job.
- Sixth, use the debt snowball. As you finish paying off one debt, use any extra money to retire the next debt, and so on.

Financial bondage has a negative impact on one's self, one's marriage and also a direct effect on how often and how much we tithe (giving the first 10 percent of one's gross income as an offering) and more. However, becoming

debt free will have a direct and positive impact on us and our family relationships.

Furthermore, being debt free will provide a security that no credit card can provide.

Living free of credit bondage can be a test of faith. In fact, when we operate on a cash-only basis — ATM cards included — we can truly live by the motto “In God We Trust.”

The next time you feel tempted to use a credit card, have faith and don't swipe it. All of our needs will be taken care of us if we use faith.

Every time we use a credit card because it is easy and convenient, we rob God of the opportunity to do something great and miraculous in our lives.

Getting it Straight

Regarding the July 18 edition, please note the following correction:
•p. A-3, the 1984th U.S. Army Hospital higher headquarters is located in Fairbanks, Alaska; USAH Detachment 1 is in Anchorage, Alaska; and USAH Det. 2 is located on Oahu.

Voices of Ohana

It's back-to-school time.
“What was your favorite school subject and why?”
Photos by 9th Mission Support Command Public Affairs



“Algebra and Trigonometry. These subjects allowed for a step-by-step process in discovering what was the right or wrong progression.”
Maj. Mark Horn
OIC individual training, 9th MSC



“Phys-Ed. I considered it recess at the high school level, which allowed me to play several sports during the week.”
Maj. Lowen Lobaton
Plans chief, 9th MSC



“A combination of math, history and languages fascinated me. I saw them as intertwined.”
Maj. Ramzy Nefoussi
Ops/collective training officer, 9th MSC



“World history. I always enjoyed knowing the truth behind every story and understanding our purpose in life.”
Lt. Col. Edgar Rivera
Operations officer, 9th MSC



“My favorite subject was home economics, so I could properly run a family environment.”
Lt. Col. Mark Woommavovah
Chief of operations, 9th MSC

2nd SBCT ‘Warrior Brigade’ installs new leaders

STAFF SGT. SEAN EVERETTE
2nd Stryker Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Col. David B. Womack accepted the 2nd Stryker Brigade Combat Team, 25th Infantry Division, colors and reigns of command from Col. Thomas H. Mackey in a ceremony hosted by Maj. Gen. Charles A. Flynn, commander 25th ID, on Weyand Field, here, Monday.

“The Soldiers of 2nd Brigade can be confident that they have an outstanding new commander,” Flynn said. “(He’s) a leader of character and commitment who I am certain will lead the brigade to even higher standards of excellence and achievement. Col. Womack, we all look forward to serving with you.”

In his parting words to the brigade, Mackey thanked the Soldiers for all of their hard work for the duration of his command.

“Nothing in the last two years would have been possible without the talented Soldiers of the Warrior Brigade giving their all for each other every day,” Mackey said. “My job today is to honor them and thank them for the sacrifices they have made to serve and defend our nation. If I were to sum up the Warrior Brigade in one word, it is commitment. When you look back at the last two years, these Soldiers have delivered on all of their commitments.”

Mackey commanded the Warrior Brigade for two years, during which time he led the Soldiers and their families through many triumphs. 2nd SBCT Soldiers won the Army Best Ranger Competition, the Army’s Maintenance Excellence Award, the Connelly Cup for Best Dining Facility, and have produced the highest Ranger graduation rate out of all the Army’s Stryker brigades.

Warriors conducted the first artillery live fire and combined arms live-fire exercises on Oahu in more than a decade during Mackey’s tenure and led the division in NCOs inducted into the Sgt. Audie Murphy Club.

The largest and most complex event during Mackey’s reign was the recent rotation to the National Training Center, a deployment the brigade made with only 88 days from the official notification in Hawaii until boots were on the ground in California. 2nd SBCT spent six weeks training in the Mojave Desert, highlighted by a rare, decisive action rotation defensive victory in the force-on-force action.

Flynn recalled the first time he met Mackey shortly after he took command of the 25th ID in May. Flynn went to NTC to see how his Stryker brigade was faring.

“One thing was clearly evident to me upon seeing (Mackey’s) face and the look in his eyes,” Flynn said. “He could train, he could fight and he



Photos by Staff Sgt. Carlos Davis, 2nd Stryker Brigade Combat Team Public Affairs

(From left) Col. Thomas Mackey, former commander, 2nd SBCT; 25th ID, Maj. Gen. Charles Flynn, commander, 25th ID; and Col. David Womack, commander, 2nd SBCT, return to the reviewing stand after Womack has accepted command of the Warrior Brigade, Monday.



Maj. Gen. Charles Flynn, commander, 25th ID, passes the 2nd SBCT Warrior Brigade’s colors to Col. David Womack, signifying the passing of command from Col. Thomas Mackey during a ceremony that took place on Schofield Barracks’ Weyand Field, Monday.

knew it. It’s a look only experience brings. At that very moment, I knew those Soldiers and leaders in that formation were well trained, disciplined and well led.”

Albert accepts command of 130th Eng.

Story and photo by
CAPT. LAURA BETH BEEBE
130th Engineer Brigade
8th Theater Sustainment Command

SCHOFIELD BARRACKS — Col. Blace Albert accepted command of the 130th Engineer Brigade, 8th Theater Sustainment Command, from Col. Diana Holland in a change of command ceremony on Hamilton Field, here, Monday.

The brigade headquarters returned from Afghanistan in early June, where it served as the Theater Engineer Brigade, responsible for the management and tracking of all engineer assets under the International Security Assistance Forces Command.

“Nothing beats being in a tactical engineer unit,” Albert said. “I’m humbled to have the opportunity to write the next chapter of this brigade’s impressive history with you.”

Holland handed off the brigade’s colors after serving as the commander for two years. Under her command, the brigade served both the Pacific and Central Command theaters with construction, combat, geospatial, dive and general engineering support.

As the premier engineer unit in U.S. Army-Pacific, the 130th Eng. Bde. is comprised of two battalions: The 65th Eng. Bn. (Combat) and the 84th Eng. Bn. (Construction Effects), consistently called upon for engineer support across the Pacific theater.

“There is no way I can adequately describe the incredible achievements of this group of Soldiers, families and civilians,” Holland said. “I’m confident that one would be hard-



Incoming commander Col. Blace Albert (right) and Col. Diana Holland (left), the outgoing commander, 130th Eng. Bde., 8th TSC, flank commander of troops Lt. Col. Jim Rector, brigade executive officer, as they inspect the unit on Hamilton Field during the brigade's change of command ceremony, Monday.

pressed to find another brigade of any branch or composition that engaged in such complex and diverse missions, executed such a high number of unit transitions at different locations around the globe, and had such an impact at so many levels.”

Holland noted some accomplishments the unit had achieved in Hawaii and during numerous deployments to locations like Afghanistan, Guam, the Philippines and Thailand.

“To me, (the brigade is) simply a dream team comprised of superstars who always,

always came together for the mission and for the people on their left and right,” Holland remarked. “And while it is hard to let go, it is good to know this team will be in such good hands.”

The 130th Eng. Bde. traces its lineage back to the 1303rd Eng. General Support Regiment, which was activated in July, 1943, and was shortly thereafter deployed in support of both the European and Pacific theaters of World War II. The unit also served in Operations Joint Endeavor, Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom.



Commands announce leadership changes

U.S. ARMY GARRISON-HAWAII
Public Affairs

The Army Hawaii community is invited to attend upcoming changes of command ceremonies.

The change of command ceremony is a time-honored tradition that formally symbolizes the continuity of authority when a command is passed from one commander to another.

All ceremonies are usually preceded by an awards ceremony.

Leadership changes

•**July 25**, Tripler Army Medical Center. Col. David Dunning will assume command of TAMC from Brig. Gen. Dennis Doyle, at the TAMC flagpole at 10 a.m.

•**July 31**, 8th Military Police Bde. Col. Duane R. Miller will assume command from Col. Mark A. Jackson at Hamilton Field, Schofield Barracks, at 10 a.m.

•**July 31**, 8th Military Police Brigade. Sgt. Maj. Angelia Flournoy will accept responsibility of the brigade from Command Sgt. Maj. Richard A. Woodring at Hamilton Field, Schofield Barracks, at 10 a.m.

•**Aug. 5**, U.S. Army Garrison-Hawaii. Command Sgt. Maj. Louis C. Felicioni will accept responsibility from Command Sgt. Maj. Philip J. Brunwald at Weyand Field at 10 a.m.

(Editor’s note: Woodring, 8th MP senior enlisted adviser, is deployed and will not be present when Flournoy accepts responsibility from him.

Information listed is subject to change due to inclement weather. Contact the unit for more details.)

TSC: Pacific’s senior logistics team welcomes Dorman

CONTINUED FROM A-1

essential, especially considering the tyranny of distance we face in the Pacific,” Brooks said. “We rely on this command for our Army, joint and multinational operations at the tactical and strategic levels across the globe.”

Lyons applauded the incredible service of 8th TSC troops, civilians and families, and he said, “It has been an absolute honor and privilege to have been a part of this unit these past two years as our National Security Strat-

egy pivots to the Pacific.”

Brooks said that Lyons’ logistics skills, experience and vision brought tremendous accomplishments in setting the theater for this new era, and that with Dorman, the TSC was getting yet another great logistician to lead the unit’s next chapter.

Dorman last served at the Pentagon as the deputy G4 for the Office of the Deputy Chief of Staff.

He greeted the crowd with an energetic, “Aloha!” and joked that he’d been counting down the days until he’d get to stand before

the TSC formation and offer the local welcome.

Dorman applauded the professionalism of the troops and the ceremony, and said that it’s an absolute privilege for him and his family to join this theater enabling command during this historic rebalance to the Pacific.

The Lyons family is heading to Fort Lee, Virginia. There, he will assume command of the Combined Arms Support Command and the Army Sustainment Center of Excellence.

Milhorn to lead USACE-POD mission

TERRI KOJIMA

U.S. Army Corps of Engineers
Pacific Ocean Division Public Affairs

FORT SHAFTER— Col. Jeffrey L. Milhorn accepted command of the U.S. Army Corps of Engineers-Pacific Ocean Division from Maj. Gen. Richard L. Stevens during a change of command ceremony, July 18.

Milhorn became the 31st commander of the Army Corps’ division, serving the Asia-Pacific region, an organization that employs 1,600 military, Department of Army, host-nation civilian engineers, technicians and other professionals in the annual execution of a \$3.2 billion program.

The mission includes engineering design, construction and real estate management for the Army in Hawaii, the Army and Air Force in Alaska, and for all Department of Defense agencies in Japan, the Republic of Korea, and Kwajalein Atoll, Republic of the Marshall Islands.

“I am exceptionally proud to be joining the U.S. Corps of Engineers team and family and contributing to an already storied and invaluable lineage to our nation and international partners,” said Milhorn. “I am honored.”

No stranger to Hawaii, Milhorn served two previous command tours at Schofield Barracks with the 25th Infantry Division and the 8th Theater Support Command. He most recently served as the chief of staff of the 1st Cavalry Division at Fort Hood, Texas.

“Jeff is an officer with diverse experiences across a very broad range of areas of our Army and perfectly suited for command of the Pacific Ocean Division,” said Lt. Gen. Thomas P. Bostick, commander, USACE, chief of engineers and ceremony host.

Bostick thanked outgoing commander Stevens for his focused and insightful leadership.

“Rick is a stellar Army leader whose actions have had and will continue to have a long-term beneficial impact to our national image, relationships and security,” said Bostick. “He has been a champion of emphasizing... trust-



Duy Ta

Lt. Gen. Thomas Bostick (left), chief of engineers and commander, U.S. Army Corps of Engineers, passes the Army colors to Col. Jeffrey Milhorn (right), incoming commander, USACE-Pacific Ocean Division, during a change of command ceremony on Palm Circle, July 18.

ed engineering, service excellence, measurable performance and workforce fulfillment.”

Stevens expertly directed a full range of engineering capabilities throughout the U.S. Pacific Command’s area of responsibility. During his command, the division completed construction of 35 U.S. military construction projects worth more than \$850 million throughout Alaska, Hawaii and the Asia-Pacific region.

In the face of enormous natural, political and fiscal challenges, Stevens directed the two largest host-nation military construction projects in the history of the USACE, valued at more than \$17.7 billion.

“Through an extensive engagement strategy, Rick supported 140 Theater Security Cooperation activities in 17 countries, provided

guidance and support on over 230 humanitarian assistance projects, and numerous disaster response and management exercises and exchanges,” said Bostick.

Bostick credited Stevens’ leadership as the enabler to staff, train and equip Field Force Engineering capability and emergency technical response support for military and civil contingency operations.

During his assignment as POD commander, Stevens deployed to Afghanistan for 10 months to serve as the director of the Joint Engineering Directorate.

For his exceptional service, Stevens received the Distinguished Service Medal. He will be the deputy commander, Military and International Operations, at USACE headquarters, Washington, D.C.

VTH: Post your Qs early for faster As

CONTINUED FROM A-1

To improve the timeliness of having a concern addressed during the 90-minute event, participants should post their comments on the event page as soon as possible. Comments posted during the town hall are added to the already-formed queue of questions, and therefore, are at the back of the line. Reposting a question does not move it up in the queue, and it is not addressed faster.



Comments typed on the wall or in a direct message will not be addressed during the town hall.

Attendees visiting the digital town hall are reminded to provide as much detail as possible, so questions can be understood and addressed without requiring follow-up questions. For example, if asking about road conditions, provide the street name, installation and the closest cross streets, buildings or landmarks. This method will help DPW pinpoint the location in question exactly, which will pave the way for a faster response.

Individuals are reminded that this virtual town hall forum is a family-friendly event; comments and questions that are offensive, derogatory or violate the garrison’s posting policy will be removed, and the participant may be banned from future interaction.

Submitting Questions

Attendees should submit community-wide questions and concerns by clicking on the “Event” tab and “Garrison Facebook Town Hall (July)” at www.facebook.com/usaghawaii.



Singapore: Tiger Balm is SAF’s oldest bilateral exercise

CONTINUED FROM A-1

demonstrating the U.S. commitment in the Asia-Pacific theater.

The LFX is the culmination for this year’s bilateral exercise between the U.S. Army and

the Singapore Armed Forces (SAF).

Tiger Balm has been conducted annually since 1981, with the location of the exercise alternating based on the last digit of the year. Years ending in an odd number take place in Singapore; years ending in even numbers oc-

cur in Hawaii.

Tiger Balm is the oldest standing bilateral exercise in the SAF’s history. It speaks volumes of the close ties between both armies that continue to grow through the decades of a changing global political landscape.



Do you have an emergency supply of food and water for you and your family?

Army chief taps captains for talent-management

In Part II of series, 105 captains discuss report cards, OERs and more

DAVID VERGUN
Army News Service

FORT LEAVENWORTH, Kansas — Talent management team members discussed talent identification tools that could make the process more effective.

The business social networking site LinkedIn was mentioned frequently as a useful tool that allows users to share profiles and skills with each other and with talent scouts and employers.

If such a system were implemented by Human Resources Command, it could match positions with talents and would allow Soldiers to get in the loop as well. Jobs and opportunities would become visible as well.

This type of fluid and dynamic interaction would require buy-in from leaders and managers and a culture shift, the captains said. They suggested that the Army isn’t capable of building such a system, and partnering with industry would be needed.

As it stands, iPERMS, the Army Career Tracker System and the Officer Evaluation Reporting System are cumbersome, not interconnected and can be unfriendly to the user at times. There needs to be a centralized, one-stop shop to visit, they said.

Soldiers also need report cards to see where they are at a glance, so they’re not surprised by results of promotion or assignment selection boards, they said. The report cards would be accessible at any time and would include professional development scores as well as other data that are fed into the decision matrix used by board members.

Such a system would allow officers to extrapolate their strengths and weaknesses and would encourage self-improvement.

Although the Officer Evaluation Reports (OERs) have recently been modified to better reflect an officer’s standing and potential, “commanders are not making the tough calls” when they fill them out, Chief of Staff of the Army Gen. Ray Odierno said, meaning the marks and remarks are inflated. “OERs look too much alike” and that makes the board selection process very difficult.

More work needs to be done in the area of performance reviews and evaluations, Odierno acknowledged.

Recent changes to the OER have been a marked improvement, however, the captains said. Human Resources Command’s Voluntary

Transfer Incentive Program is also effective and is another step in the right direction.

Young Guns

Some of the captains said it is not uncommon in the private sector to see young chief executive officers running large companies. Throughout American military history, young officers have often risen quickly through the ranks to command large formations during wartime. Maj. Gen. George Armstrong Custer is an example.

They wondered if a 28-year-old officer might have the talents and inclination to command a brigade, side-stepping or bypassing the current system year-group and time-in-service requirements in favor of a merit system. Perhaps a commander could take a prudent risk in selecting such a person for command.

Odierno waxed hot and cold on this idea.

“I like your argument, but there are some impediments,” he cautioned.

A brigade commander needs to have a certain level and types of experience, he said, including “tactical and technical leadership capabilities that allow you to operate across the broad spectrum of problems.”

Broad spectrum, he said, could be anything from understanding how recruiting works and having experience as an instructor at the U.S. Army Training and Doctrine Command, to getting a master’s degree in international relations with experience at the joint level or with a coalition partner. Command at the company and battalion levels would be desired as well.

“You’re entrusting the lives of America’s sons and daughters” to the commander, so taking a risk like that would be too big a gamble, he said.

“We’re not a company like Apple or CISCO that’s about profits and margins,” he said. “Ours is a complex system of life-and-death responsibilities where learning mistakes could cost the lives of hundreds of people. We can’t walk away from the responsibility of command.”

Besides that, there are statutory requirements that prohibit favoritism in deep selecting, he added.

But the idea of elevating talent quickly is, nevertheless, worthy of consideration in other ways, he said.

Could a cyber expert or financial wizard be quickly elevated to colonel?

“I’d be comfortable with that,” he said, meaning developing a fast track for technical specialties where the likelihood of command in battle is near nil.

“We’ve got to figure out how to do that with the authorities we now have and determine what new authorities we need, realizing the process could take five to 10 years,” he said.

Peter Principle

Besides fast-tracking talent, the captains suggested that slow tracking might also be a good option, citing the so-called Peter Principle.

In 1969, Laurence J. Peter authored a book by that title, which proposed that many people rise in rank or position to their highest level of incompetence.

His book cited instances of ineptitude and the damage that ensued, not only to others, but to the individuals themselves. He used case studies to show that ulcers and more serious medical conditions resulted from the stress of being unable to cope with tasks and responsibilities many were ill equipped to handle.

Talent-management team members offered that there are likely some officers who would make ideal brigade commanders, but lousy division or corps commanders. Likewise, there are specialists who do a great job and love their work, but would make inept sergeants.

The captains suggested there should be a track for them as well, as the current system is limited to up or out.

If the Army has 10 slots for brigade commanders and 50 officers competing for those slots, would the Army want to bank on someone who is ranked eight, but has little potential or desire for service beyond the brigade level? Odierno asked. If the Soldier ranked eleventh has potential for growth beyond the brigade and his record is nearly as good as eight’s, wouldn’t it be wise to pick 11?

In any case, the Army would hate to lose a Soldier who is performing a valuable service at the level he or she is at, but who doesn’t desire or merit a promotion. It’s a “conundrum” with no easy solutions, but is worthy of further discussion, he said.

Carrots for Performers

There was unanimity among the captains and the chief that more incentives are needed for the Army’s top performers.

Incentives could include choice of assignment and educational opportunities.

A paid sabbatical to finish graduate school was another idea. The Army recently initiated the Career Intermission Pilot Program that does just that, but Soldiers do not receive their full pay and allowances.

Odierno said the Army is looking at offering top performers a master’s degree opportunity outside of the traditional graduate degrees received at service schools. Selectees could major in such areas as international relations, business administration, finance or public management with two follow-on payback assignments.

So someone majoring in international studies



Prudence Siebert, Fort Leavenworth Lamp

Chief of Staff of the Army Ray Odierno listens to a captain brief on his group's recommendations regarding mission command during the Solarium 2014, July 11, at the Lewis and Clark Center, Fort Leavenworth, Kansas. Groups shared their recommendations with Odierno concerning talent management, Army vision and branding, Army culture, training, education and mission command.

could have a follow-on assignment at the J-3 or J-5 with a follow-on at the State Department, he said.

One captain said that the Army Medical Command already has this program in place and that he himself is enrolled in it, studying for a doctorate degree.

“It’s a great motivator, but getting in is highly competitive,” he said.

Odierno promised the captains that their ideas would be given serious consideration and that he would explore their feasibility and provide follow-ups on actions taken.

The Army’s got talent, he concluded, and with junior officers like these leading the service in the coming decades, the Army will be in good hands.

Army leaders said it is likely there will be future solariums, perhaps with noncommissioned officers, warrant officers or those of other ranks.

(Note: Future articles will discuss suggestions made at the solarium in the areas of vision and branding, culture, mission command, education and training. For more ARNEWS stories, visit www.army.mil/ARNEWS, or Facebook at www.facebook.com/ArmyNewsService.)

Army seeks input at public meeting

U.S. ARMY GARRISON-HAWAII
Public Affairs

WAIANAE — The Army is hosting a public meeting, July 29, to seek public comments on its archaeological survey at Makua Military Reservation.

An informational display viewing begins at 6:30 p.m.

At 7 p.m., Army staff will provide a brief overview of the survey, followed by a facilitated public comment period until 9:30 p.m.

The survey report is available online and at the Waianae, Kapolei, Wahiawa and Waialua public libraries, under the title “Archaeological Sub-surface Survey in Areas B through F at Mākua Military Reservation, Mākua Ahupua’a Wai’anae District, O’ahu Island, Hawai’i.”

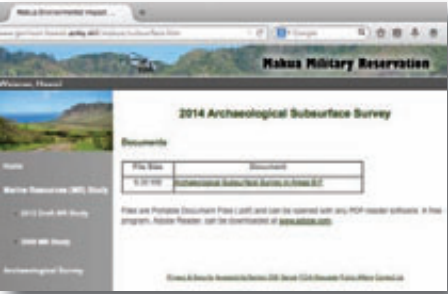
The 60-day public comment period for the survey runs through Aug. 13.

In addition to the public meeting, individuals can also submit comments via email or mail:

U.S. Army Garrison-Hawaii, Environmental Division; Attn: Mākua Archaeological Subsurface Survey - Public Comments; 948 Santos Dumont Ave.; Schofield Barracks, HI 96857.

Comments must be emailed or postmarked no later than Aug. 13.

In consideration of the environment, hard copies of the report are available upon request by calling 656-3089.



On the Web

The meeting takes place at Waianae High School Cafetorium, 85-251 Farrington Highway, Waianae; however, interested individuals can view or download the survey report online at www.garrison.hawaii.army.mil/makua. Click “2014 Archaeological Subsurface Survey” on the left side of the Web page.

Questions? Call 656-3160 or email comments to usaghi.pao.comrel@us.army.mil.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Veterans — A survey is being conducted by the Office of Veterans Services’ Subcommittee on Women Veterans, with the intent to reach as many women veterans as possible over the next two months. The data collected will be used to provide information to health care providers and others who work with women veterans.

It is estimated that there are 14,000 women veterans who are permanent Hawaii residents.

Studies on the mainland indicate women veterans are four times more likely to become homeless than women who haven’t served.

The short survey consists of 10 questions designed to assess the needs of women veterans. Visit <http://dod.hawaii.gov/ovs/hawaii-military-womens-survey/>

TSP Troubles? — If you’re attempting to change your Thrift Savings Plan password for the first time since May 10 and your old password was longer than eight characters, enter only the first eight characters of your old password.

If you created your new password after May 10 and you’re having trouble logging back in, please review the following tips:

- Check the caps lock key.
- Clear the cache (see TSP’s instructions).
- Use the “unmask” feature to ensure that you properly type in your account number/custom user ID and that you don’t inadvertently type your new password into the custom user ID field.

If you have civilian and military accounts, and you want to be able to toggle between them during the same Web visit, both account passwords must be the same.

If you find that you can get into one account, but not the other,

it’s because you still must change the other account’s password.

If you’re still unable to log in, you may have to request a new password. Click on the “Forgot Your Password?” link on the login page or call the toll-free Thrift-Line at 1-877-968-3778 (outside U.S. and Canada, call 1-404-233-4400, which is not toll free) and speak to a representative.

Your new password will be sent to you by mail, so verify your address before requesting your new password.

AR-600-38 — Soldiers may notice a deduction in pay due to the recouping of funds for meals provided during field duty. Commanders will initiate action to effect all required reimbursements beginning when meals are available during field duty, to include preparation for deployment and travel to and from home station.

Reimbursement for all meals available, beginning with the first meal and ending with the last, will be completed by Finance and Accounting Officer actions.

Staying Current — Do you



Traffic Report lists closed roads advisories received by press time from Army and Hawaii Department of Transportation (HDOT) advisories. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

26 / Saturday

Modified Signal — The signal at Schofield Barracks’ intersection of Trimble Road and Carpenter Street was modified to increase pedestrian safety.

Part of the project was to include a sequence that would allow pedestrians to safely cross the intersection while traffic in all directions is stopped.

The traffic signal sequence begins this afternoon. Please use the

designated crosswalk when crossing the intersection.

27 / Sunday

B-Wing — A construction and renovation project at Tripler Army Medical Center, 3rd Floor, Wing B, begins with minimal impact to patients and staff and a projected completion time of Spring 2015. Visit facebook.com/triplerarmymedicalcenter for construction updates.

28 / Monday

TAMC Closure — The outbound lane of Tripler’s Krukowski Road will be closed for construction until July 29. The inbound lane is scheduled to be closed July 29-Aug. 11.

Pierce Street — One lane of Fort Shafter’s Pierce Street will be closed until July 30.

Quad D — Due to unforeseen conditions, roadwork behind Bldg. 450 along Foote Avenue is extended. During this time, the left lane on Foote will be closed, 8:30 a.m.-2:30 p.m., until Aug. 29.

AMR Closures — Aliamanu Military Reservation will have several traffic modifications, at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8 a.m.-4:30 p.m.

know you can read Community Bulletins about upcoming events the day they’re released? The “Command Documents” page also has links to on-post policies and publications.

Visit www.garrison.hawaii.army.mil/command/documents.htm to learn more.

ACS Survey — Take the Army Community Services’ Customer Needs Assessment Survey at www.hi.mwr.com or www.army.mwr.com/ACS-Survey. Open until Aug. 31.

26 / Saturday

USPS MOH — The U.S. Postal Service holds a Korean War Medal of Honor Forever Stamps First-Day-of-Issue event at Arlington National Cemetery after laying a wreath at the Tomb of the Unknown Soldier.

Only 145 of the 6.8 million members who served in the U.S. armed forces during the Korean War met the standard necessary to warrant the MOH. Two-thirds of the 145 recipients were killed in action while performing their actions of valor.

•Sky View Loop will be completely closed between Nim Place and Ixora Place until July 25. Nim Place and Ixora Place will still be accessible.

•Aliamanu will be completely closed at Ama Road, July 28-Oct. 6.

•Aliamanu between Ama and Okamura Street will have one-lane traffic control between Ama and Okamura, Oct. 7-Dec.1.

•Aliamanu will be completely closed between Okamura and Rim Loop, Dec. 2-Feb. 2, 2015.

TAMC Closure 1 — There will be a 24-hour road closure of the right lane on Tripler’s Jarrett White Road for construction until July 26.

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28, 2015.

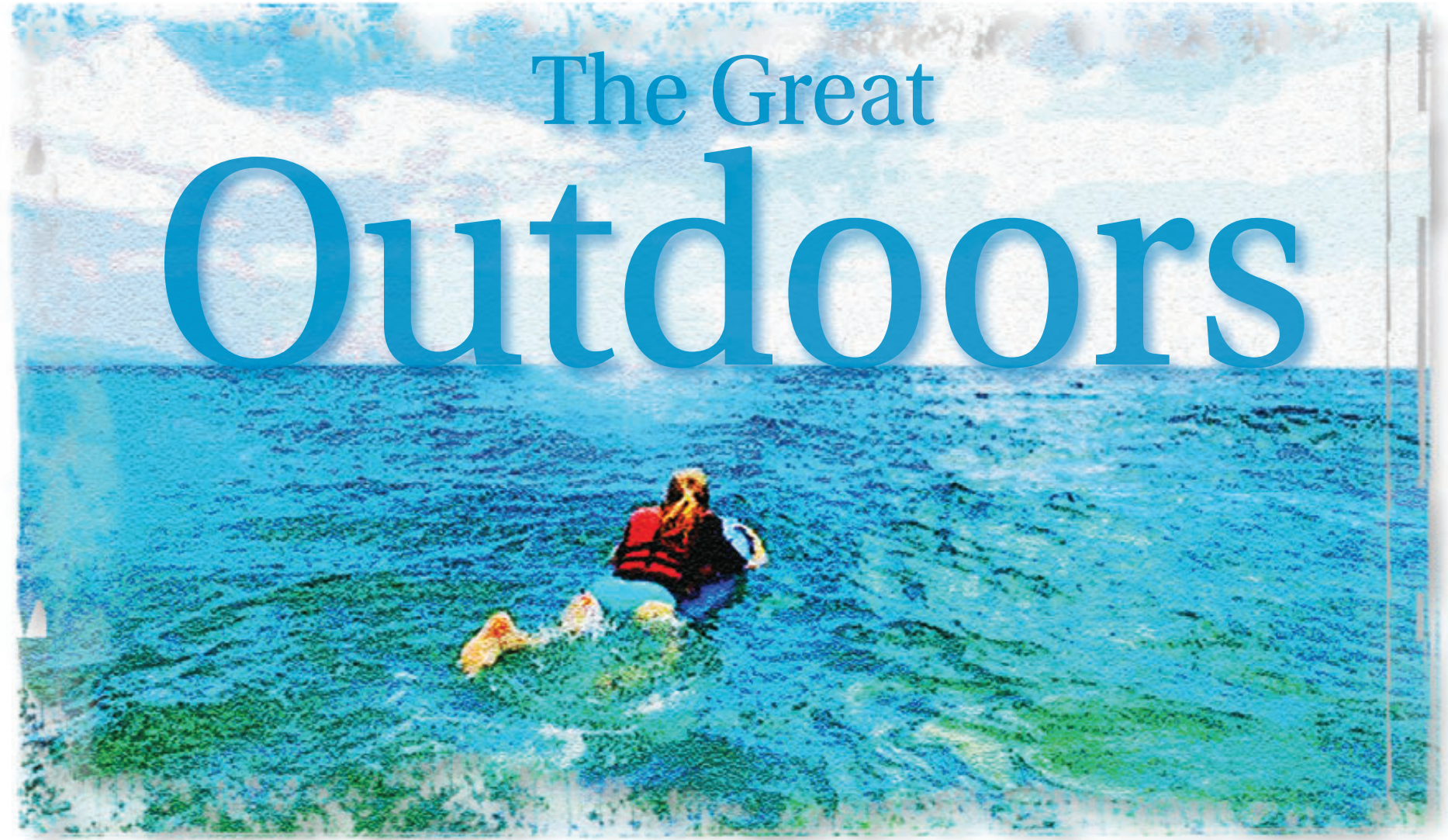


Photo illustration

Soldiers and family members can discover new horizons through DFMWR’s Outdoor Recreation Center programs.

DFMWR rec center offers fun, active options for all

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Hawaii is picture-perfect nearly every day of the year, but summer is perhaps the best time to take advantage of the many great outdoor activities living in an island state provides.

“Hawaii is probably one of the best places to be year-round,” said Shelly Leslie, chief, Outdoor Recreation Center; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii. “The environment, the weather, the people, the food ... everything in Hawaii pulls together to enjoying yourself outdoors, and Outdoor Rec exists to show people and teach people how to have fun safely in Hawaii’s outdoors,” Leslie added.

The center, located here, offers a wide assortment of programs and instruction to all eligible DFMWR guests who love exploring the great outdoors, including tutorials and tours in surfing, stand-up paddleboarding, biking, hiking, fishing, snorkeling, Hawaiian canoe paddling, kayaking, scuba diving and paintball, just to name a few.

“We also have a brand new bouldering program that we started last month,” said Leslie. “Our goal, eventually, is to offer outdoor bouldering at Waimea Bay; that’s the next step.”

Since moving into its new building on Ulrich Way in 2012, Outdoor Rec has been able to expand its lineup of outdoor offerings, starting with its wildly popular Adventure PT (physical training) program.

“Our Adventure PT has really taken off this past year,” said Leslie. “People keep coming in the door, fighting for days. That is wonderful, because you’d be amazed how much you get on an Adventure PT program.”

The program was created with help from a sergeant who approached Leslie one day lamenting that he was tired of having his Soldiers continually run laps around the airfield for PT, and would much rather kayak up at the North Shore.

“It’s a well-rounded approach to PT and safety, because Soldiers don’t want to just listen to a safety brief, they want to live it! It’s better to live it!” Leslie said.

Adventure PT costs \$6 per Soldier and is held every Monday-Friday, during PT hours, by appointment only.

“We can arrange the activity, or it can be that you want to try something different to sweat,” Leslie said. “The

Summer Activities

The Outdoor Recreation Center keeps the fun going all summer long, this month and next, with the following programs:

- July 25, 5:30-7 p.m., Bouldering — \$15;
- July 26, 9-11:30 a.m., Bouldering Open House — Learn about the center’s new bouldering program, meet the instructor and test your climbing skills, with the chance to win prizes;
- Aug. 6, 9:30-11 a.m., EDGE/Home School Hiking — Hike Dillingham Trail; available to youth age 6-18 years, free;
- Aug. 7, 1:30-3 p.m., Bouldering — \$15;
- Aug. 8, 5:30-7 p.m., Bouldering — \$15;
- Aug. 9, 8:30 a.m.-12:30 p.m., Intro to Surf Kayaking I — \$59;
- Aug. 16, 8:30 a.m.-12:30 p.m., Intro to Surfing — \$59;
- Aug. 16, 8-10 a.m., Bubblemaker — \$39;

biggest goal of Outdoor Rec is that, if you can dream it, we will try and achieve it.”

In addition, Outdoor Recreation provides rentals on the necessities for camping (think tents, lanterns, portable stoves and coolers) and outdoor sports, as well as ever-popular party essentials like inflatable bouncers, canopies, tables, chairs, barbecue grills, popcorn and shave ice machines, and even a dunk tank!

The center also has begun growing tropical fruits and flowers at the

- Aug. 20, 9:30-11 a.m., EDGE/Home School Hiking — Hike Pupukea Trail; available to youth age 6-18 years, free;
- Aug. 21, 1:30-3 p.m., Bouldering — \$15; and
- Aug. 22, 5:30-7 p.m., Bouldering — \$15.

In addition, Outdoor Rec offers open-water dive certification courses, every other week, as well as classes in rescue/emergency first response and scuba certification.

The center, located at 435 Ulrich Way, Bldg. 2110, Schofield Barracks, is open between 8:30 a.m.-5:30 p.m. every Tuesday-Saturday.

For more information and a full list of upcoming activities, call 655-0143, or visit www.himwr.com/recreation-and-leisure/outdoor-recreation-center.

facility for guests to sample.

“We have papaya, ginger, guava, starfruit, passion fruit, lychee and avocado. Eventually, Soldiers can go on a self-tour of our backyard,”

Leslie said, noting that the center also offers full-service pet kennels.

But, perhaps the most important thing Outdoor Recreation gives Soldiers and families is the op-

tion to get out of the “barracks bubble” and explore paradise in a safe, no-pressure environment.

“Outdoor Rec is really about stretching and flexing your comfort zone, safely, but Outdoor Rec also is a lot of fun,” Leslie said. “We are the subject matter experts when it comes to

the outdoors. We do it professionally, and we live it personally. Whether you are a Soldier, family member, retiree or veteran, it doesn’t matter.

When you come in, you are our valued guest, and we want you to have fun.”

Leslie, who has been with Outdoor Rec since 2008, has many more goals for the program in the pipeline, to include operating a shooting/archery range, offering beachside yurts, building a dog park on post, paddling around the island, hosting a “movie in the park” night and even conducting hiking and biking tours of Kilauea volcano on the Big Island of Hawaii.

“We’re getting ready to start ‘Women in the Wild’ all-women programs and educational trips,” Leslie added. “There’s a lot, and it’ll be long after I retire, but eventually, one day, we’re going to do it all.”

“People need to get outside and see the sun,” Leslie continued. “No matter how bad your day is, if you go outside, you feel better.

“It’s about having a better life, and getting outdoors just makes for a better life,” she said. “And so, for all of these young families looking to get out and about, to get out of their comfort zone, I’d hope they come and see us. We make positive changes in people’s lives.”

Safety First

Here in the islands, concerns revolving around ocean safety are of top priority.

Each year, more than 60 individuals drown in Hawaii, making the state second in the nation for this deadly statistic.

What’s more, military personnel account for approximately 4 percent of drownings annually, and 50 percent of all deaths occur in victims ages 35 years or younger.

“We want you to be safe in the ocean, and that means going to beaches where there are lifeguards present. It means watching the surf report, and it means setting your cell phone up to alert you of all types of weather,” said Shelly Leslie, chief, Outdoor Recreation Center; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.

“If you’re coming from the Midwest, where you’re landlocked, it’s a whole new environment coming to Hawaii,” Leslie added.

Other issues of high importance include overexposure to heat, humidity, vog and sun, too much of which can wreak major havoc on the body and your health.

“In dry heat, you sweat, but not profusely; in humid heat, you sweat profusely,” Leslie explained. “Drink lots of water, and if you’re not a plain-water person, add in

some water flavoring. As long as you’re drinking water, you’re good.”

To ensure everyone has a fun, safe summer, Leslie offered the following advice:

- Check the weather report before leaving the security of your home.** Weather in Hawaii can change at the drop of a hat, so if the forecast calls for thunderstorms, even though the sky outside is clear, reconsider activities that may take hours to complete, such as hiking or kayaking.
- Wear sunscreen with an SPF of 30 or higher, and reapply frequently.**

Melanoma is the most common form of cancer for young adults between 25-29, with more new cases developing each year than in breast, prostate, lung and colon cancer combined.

“Everybody can catch skin cancer. It doesn’t matter what color your skin is or how young you are,” said Leslie. “This is a really nasty disease, and you don’t want to get it.”

Minimize sun exposure between 10 a.m.-4 p.m., and when you are outdoors, wear a hat, UV-blocking sunglasses and special sun-protective clothing made with

high ultraviolet protection (UPF).

- Don’t underestimate your surroundings, or overestimate your own capabilities.** Heed warning signs; they’re posted for a reason. Only surf or swim at beaches where there is a lifeguard on duty, and only tackle approved hiking trails. Visit www.hawaiistateparks.org/hiking/ and www.hawaiitrails.org for trail maps and hiking brochures.

- Never drink and play.** “Alcohol is proven to make you braver,” Leslie said. “You lose your common sense and inhibitions about things. It’s a poor choice when you mix alcohol with an activity that could kill you.”

- Let someone know where you are going and what time you expect to return home.** Even better, take along a friend or make it a group activity. Having a companion will not only increase your safety, it’ll up the fun factor, too!

“We really try to impress upon our Soldiers and family members to make sure they have a plan,” Leslie said. “Make sure you have a plan and ... leave the plan to show where you are going. Also, make sure you have a charged cell phone that will alert you when there’s a change in weather conditions.

“It’s about being safe,” she said, “and we take that very seriously.”



Briefs

Today

ACS Birthday — Celebrate Army Community Service’s 49th birthday with festivities, 1-3 p.m., at the SB ACS building, the SB Financial Resiliency Center, the SB Soldier and Family Assistance Center and/or the FS Outreach Center. Call 655-4227.

“Annie” Auditions — Keiki are invited to audition for CYS Services’ SKIES Unlimited Theatre’s production of “Annie.” Prepare 16-24 bars from a song, to include one verse and one chorus.

Auditions begin at 7 p.m. at the SKIES classroom, 241 Hewitt St., SB; arrive by 6:30 p.m. to fill out applications. Call Annie Kids at 655-9818.

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill and FS Mulligan’s Bar & Grill serve delicious local-style food every last Friday of the month. Call 655-4466 (SB) or 438-1974 (FS).

USARPAC Pay Day Scramble — Celebrate pay day the golf way in this 18-hole scramble tournament every last Friday of the month. Registration is \$5 per player, paid to the scramble POC at the course. Call 438-9587.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

28 / Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

SB Exchange — Celebrate the Exchange’s 119th birthday with a Military Star Card special 5 percent discount at the Schofield/Hickam Exchange. Some restrictions apply.

The SB Exchange will be having a “Meet the Managers” event and an optometrist, Dr. David Hironaga from the Schofield Vision Center, will be present to answer any questions.

Cake and cookies will be served at the main entrance from 10-11 a.m.

Fort DeRussy Museum — The museum will close an hour early, at 3:45 p.m., today, July 25, and resume normal business hours of 9 a.m.-5 p.m, Saturday, July 26. The museum is open Tuesday through Saturday.

Bellows Closures — Camping at Bellows Field Beach Park will be prohibited July 25-28 and Aug. 2-3 for RIMPAC and other training exercises.

26 / Saturday

Rock and Roll Fundraiser — The Rotary Club of Wahiawa-Wai-ialua holds its annual Rock and Roll Fundraiser, 6:30-10 p.m., at Dot’s Restaurant, 130 Mango St. in Wahiawa.

Radio talent Pipi from KCCN

CIVIL WAR ERA DRAMA



Photo courtesy of The Actors Group

HONOLULU — The Actors Group Theater performs “Resistance!” a historical drama about a former slave who resisted and helped overturn the Fugitive Slave Act in 1851, through Aug. 3.

The TAG production runs Thursdays through Sundays and features \$12 military admission. Visit www.taghawaii.net for specific times and location.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

29 / Tuesday

Softball Clinic — Two-time Olympic Gold Medalist Crystl Bustos will hold a clinic for all military girls, ages 8-18, from 1-4 p.m., Lynch Field Baseball Complex, off Nimitz, at corner of Valkenburgh St., Joint Base Pearl Harbor-Hickam.

Download the required registration form at ctahr.hawaii.edu/4h/OMK/education.htm. Call 956-4125.

\$2 Bowling Special — FS Bowl offers a “\$2 Bowling Special,” 9 a.m.-9 p.m., every Tuesday, now through Sept. 30. Offer not valid with other

promotions, holidays, specials, reservations or groups. Shoe rental not included. Call 438-6733.

30 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call 655-1130.

Attend these meetings:
•North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
•South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens is \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

31 / Thursday

End of Summer Bash — Kick off the school year at the SB Youth Center’s End of Summer Bash, 10 a.m.-3:30 p.m. Enjoy food, activities and entertainment, with plenty of games

and prizes for all.
This event is free and open to students in grades 5-12. Family participation is strongly encouraged. Call 655-0451.

Youth Flag Football — Registration for the Army Hawaii Sports and Fitness Flag Football & Cheerleading Program is open now through July 31 to youth born between 1998-2009. Cost is \$55 for flag football and cheerleading, or \$20 for cheerleading, if your child already has a uniform. The season will run Oct. 25-Dec. 20.

Hand Building Clay Workshop — Youths and teens can create their own ceramic tile designs during this two-day workshop, 10 a.m.-noon, at SB Arts & Crafts. Cost is \$25.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

See FMWR Briefs, B-4

FM100 will emcee the event, which includes food, door prizes, raffle items and cool, rockin’ music by LS34.

Tickets cost \$30. Monies generated will help fund the club’s many service projects during the year, including the Wahiawa Veterans Day parade, youth scholarships and more.

29 / Tuesday

Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Richard Fromm, commander, USAG-HI, from 6-7:30 p.m., at www.facebook.com/usag.hawaii, under the “Events” tab.

August
4 / Monday

CIE North — The face-to-face Community Information Exchange meeting offers details about USAG-HI on-post programs and services, 10 a.m., Aug. 4, at the SB Nehelani for Oahu North. It’s open to all Soldiers and family members.

6 / Wednesday

CIE South — The Community Information Exchange starts at 9 a.m., Aug. 6, at the AMR Chapel for Oahu South. It’s open to all Soldiers and family members.

9 / Saturday

MCBH Keiki Tradewind Triathlon — Marine Corps Base Hawaii is holding this annual children’s triathlon, Saturday, Aug. 9, for two age divisions: 7-10 and 11-14 year olds. The event is open to the public. For race details, visit www.mccshawaii.com/races.

15 / Friday
WMCAC Golf Tourney — Hit

the greens with the Waianae Military Civilian Advisory Council at its annual golf tournament at Makaha Valley Country Club (Makaha East Golf Course). Check-in is 10:30-11:30 a.m., and the tourney begins with a shotgun start at noon. An awards banquet will follow.

Cost for this three-person scramble is \$125 per player. To register, contact Don Arakaki at 255-8669.

16 / Saturday

Model Planes Airshow — The Biggest Little Airshow in Hawaii returns to Pacific Aviation Museum Pearl Harbor, Saturday and Sunday, Aug. 16-17. You can drive to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center.

Includes hospitality tents, retail booths, food vendors and prizes, besides the expanded, newly choreographed remote-control airshow.

Ongoing

Chicken Recall — Foster Farms, a California-based company, is recalling chicken identified with an outbreak of a strain of Salmonella Heidelberg, as identified by the U.S. Department of Agriculture.

Foster Farms products with use or freeze dates of March 16-31, 2014, and Aug. 29, 2015-Sept. 2, 2015, and Sunland Chicken products with “best by” dates of March 7-11, 2015, and Aug. 29, 2015-Sept. 2, 2015, are affected.

For full story, visit www.hawaiiarmyweekly.com/2014/07/17/foster-farms-chicken-is-recalled/.

Jewish Services — Weekly worship services are now held at 7:30

p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com. Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Volunteers Wanted — Waimea Valley seeks help to complete the Kauhale Restoration Project. The foundation is seeking volunteer groups interested in participating in its organized workdays to complete this project. Call 638-5855.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.
GoAkamai.org is a one-stop website that provides real-time traffic data.

worship
Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)
- Sunday, 9 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



How to Train
Your Dragon 2

(PG)
Fri., July 25, 7 p.m.
Sat. July 26, 2 p.m.
Sun. July 27, 2 p.m.

Think Like a Man, Too

(PG-13)
Sat., July 26, 6 p.m.



X-Men:
Days of Future Past

(PG-13)
Thurs., July 31, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Audie Murphy Club helps ‘uniform’ local track club

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — They’re easy to spot at Army formals: the poster-perfect, squared-away noncommis-sioned officers with those distinct powder blue, ribbon-held medal-lions hanging around their necks.

But the character of Sgt. Audie Murphy Club members exceeds their professional appearance, as they live their motto, Lead from the Front, throughout their units and local communities.

The club’s Hawaii-chapter most recently demonstrated that commit-ment through its support and volun-tee efforts with more than 45 mili-tary children, ages 5-10 years old, who make up the USA Track and



Photo courtesy Sgt. Audie Murphy Club Hawaii

HONOLULU — Children wear and celebrate new uniforms while competing during a meet at the University of Hawaii-Manoa, recently. SAMC donated the funds from its car washes. The SAMC logo is on the back of the uniform.

Field Pacific Rim Track Club, here.

“Our main purpose is to give back to the community, whether it is the military community or the civilian community,” said Staff Sgt. Janet Chavez, the club president and a pla-toon sergeant with the 8th Special Troops Battalion. “We’re also always teaching, coaching and mentoring young Soldiers and NCOs to contin-

ue that purpose in the future.”

The team’s coach reached out to the SAMC chapter and asked for help with getting the kids’ uniforms in-stead of wearing T-shirts for meets.

Chavez said that after putting it to a vote, she and fellow SAMC mem-bers approved helping by donating funds they raised from car washes.

Retired Staff Sgt. Jennifer King, the team’s coach, said she reached out to the club because she remembered from her time in the Army that SAMC is committed to local commu-nity involvement and help.

The runners now wear new blue uniforms with the track club’s name on the front and the SAMC logo on the back. The logo reflects the NCOs’ dedication to professional spirit, loy-alty to unit, swift and decisive action,

and leading the charge.

Chavez and several of her fellow SAMC members also showed up to cheer on the young athletes during their final track meet of the season at University of Hawaii, Manoa, July 12.

“I’m so overwhelmed,” said King. “They came through 110 percent. All the children were so happy.”

“Just to see all those kids in the uniforms,” Chavez said. “They were all very proud, and the coach said they felt better about themselves and being a part of a team.”

The effort reflects the club’s per-spective on its community role.

“It’s important to give back, to be humble and to have these traits as an NCO, so we just do it together as a club, so we can spread and encour-age that message,” she said.

Guidelines given for free and reduced-price school meals

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

HONOLULU — The Hawaii State Department of Education (DOE) is announcing its policy for free and reduced-price meals for children unable to pay the full price of meals served under the National School Lunch and School Breakfast Programs.

Children from households with in-

come at or below the following levels are eligible for free or reduced-price meals.

How to Apply

Application forms are being sent to all homes with a letter to parents or guardians. To apply for free or re-duced-price meals, households should fill out one application and return it to the school where the child is enrolled or complete an on-

line application via ezmealapp.com. Applications for the current school year (2014-2015) are now being ac-cepted. The application information will be used to determine eligibility and may be verified at any time dur-ing the school year by the school or other program officials.

For DOE officials to determine eli-gibility, households receiving Sup-plemental Nutritional Assistance Program (SNAP) or Temporary As-

sistance for Needy Families (TANF) must list the child’s name, date of birth, grade, school code and their SNAP or TANF case number and the signature and name of an adult household member.

Households not receiving SNAP or TANF must list 1) the names of everyone in the household; 2) the amount of income received by each person, how often the income is re-ceived and the source of the income; 3) the name and social security number of either parent/guardian who is the primary wage earner or the adult household member who signs the form or the word “none,” if neither adult household member has a social security number; and 4) the signature of an adult household member.

Applications may be submitted at any time during the year. Policy copies are available at DOE schools.

Under the provisions of the free and reduced-price policy, the DOE will review applications and deter-mine eligibility. Parents or guardians dissatisfied with the ruling of the offi-cial may discuss the decision with the reviewing official informally.

Application Appeals Process

Parents wishing to make a formal appeal may make a re-quest for a hearing on the deci-sion in writing to this address:
Glenna Owens, SFA Director
1106 Koko Head Avenue
Honolulu, HI 96816
Call 733-8414 or toll free 1-800-441-4845 for more details.

Application Form

Get the school meals form at ezmealapp.com.



In certain cases, foster children are also eligible for school meal ben-efits. If a household has foster chil-dren living with them and wishes to apply for them, the household should contact the school for more information. The information pro-vided by the household is confiden-tial and will be used only for purpos-es of determining eligibility and veri-fying data.

INCOME CHART Effective from July 1, 2014 – June 30, 2015											
Free Meals						Reduced-Price Meals					
Family Size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly	Family Size	Yearly	Monthly	Twice per Month	Every Two Weeks	Weekly
1	17,446	1,454	727	671	336	1	24,827	2,069	1,035	955	478
2	23,517	1,960	980	905	453	2	33,467	2,789	1,395	1,288	644
3	29,588	2,466	1,233	1,138	569	3	42,106	3,509	1,755	1,620	810
4	35,659	2,972	1,486	1,372	686	4	50,746	4,229	2,115	1,952	976
5	41,730	3,478	1,739	1,605	803	5	59,385	4,949	2,475	2,285	1,143
6	47,801	3,984	1,992	1,839	920	6	68,025	5,669	2,835	2,617	1,309
7	53,872	4,490	2,245	2,072	1,036	7	76,664	6,389	3,195	2,949	1,475
8	59,943	4,996	2,498	2,306	1,153	8	85,304	7,109	3,555	3,281	1,641
For Each Additional Household Member, Add:											
	+ 6971	+596	+ 253	+ 234	+ 117		+ 8640	+ 720	+ 360	+ 333	+ 167

Applications are now being accepted for school lunch assistance for students whose families qualify (above).

Airing dirty laundry takes thick skin

“Whose are these?” my slim sister-in-law said, with a laugh, holding up a large pair of underwear from a basket of warm laundry from the dryer.

Voices rang out from around our vacation beach cottage.

“Whoa! Not mine!” came from the couch. “Me neither!” broadcast from the staircase.

“Mine aren’t that big!” emanated from the hallway.

“Uh, yea,” I admitted sheepishly. “Those would be mine; thank you very much.”

I claimed my stack of folded clothes and slunk off to my room. One might think that this annual joke would get old, but I suffer this humiliation every summer while vacationing with my extended family.

Someone typically announces they’re throwing in a load of hot whites, and a couple hours later, whoever decides to fold the dry clothes becomes privy to the size of everyone else’s underwear, setting up perfect opportunities to crack jokes.

Admittedly, my Jockey’s for Her are ample enough to fold over several times, while my thinner relatives’ teensy-weensy skivvies are constructed with so little material, I once mistook a pair of my niece’s underwear for a hair scrunchie. So, I am an easy target for any laundry-related ridicule.

One year, I tried to combat the unavoidable ribbing by secretly planting a humongous quadruple hook E-cup bra and a massive pair of flowered briefs in the laundry, thinking that my tomfoolery might make me the joker rather than the butt of the joke. But when I found the planted garments neatly folded on my dresser, the realization that my relatives honestly believed that I wore underwear that big only served to further assault my battered ego.

In actuality, my relatives and I would prefer to not know intimate details about each other, much less the size of our undergarments. However, when you are packed into a summer beach cottage with your extended family for two weeks, embarrassing personal secrets are inevitably revealed.

For the first few days, we tried to maintain a facade of virtuousness, cleanliness and self-control.



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

But eventually, we gave in to our natural tendencies, forcing us to acknowledge that we are not, by any means, perfect.

In our summer beach cottage, the crude realities of life are exposed. We place our toiletry bags in the shared bathrooms, where our relatives can see that we need embarrassing pharmaceuticals, such as stool softeners and antifungal ointment.

We share meals, so that everyone sees that

undergarments.

Exposing imperfections to relatives wouldn’t be a problem if everyone were compassionate enough to mutually ignore each other’s foibles while vacationing together. However, families like mine consider taking pot shots at each other to be a kind of vacation-time sporting event, like corn-holing or ladder ball.

So, in order to withstand the inevitable barrage of insults that will be hurled like bocce balls, you must develop a thick skin. When vacationing with relatives, harassment, browbeating, rude sarcasm, relentless needling and verbal abuse should be taken as nothing more than “playful banter.”

And when your brother says he thinks your mole is growing an eye, or when your cousin offers to put Metamucil in your daiquiri to help out with your constipation, or when your

Exposing imperfections to relatives wouldn't be a problem if everyone were compassionate enough to mutually ignore each other's foibles while vacationing together.

we eat too much mayonnaise on our sandwiches, we dip into the chips every couple of hours, and we get caught taking another brownie from the pan.

We doze off on the couch in front of everyone, showing the unflattering way that our mouths fall open and our chins multiply when we are asleep. And yes, we commingle our laundry, allowing everyone to bear witness to the sometimes-alarming size of our

sister imitates your dance moves to make the kids laugh, you must try to appreciate their witticism.

Oh, and always fold your own laundry. (A 20-year military spouse and mother of three, Molinari shares her observations of military family life in “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)



File photo

The indignities of a shared summer vacation sometimes mean sharing dirty laundry with relatives, according to the author.

Briefs



CONTINUED FROM B-2

Ongoing

Bowling Sale — All youths ages 17 years and younger receive one free game for every game purchased at FS Bowl between noon-4 p.m., Monday-Friday, during the months of July and August.

Free games must be bowled on the day of purchased game and will only be offered provided lanes are available. Special cannot be combined with any other offer and does not apply to group or party reservations.

Shoe rental not included. Call 438-6733.

Military Summer Specials — Visit your Leisure Travel Services office during the month of July for specials on a 5-Star Dinner Cruise, Legends in Concert and Kauai Zip Line. Call 438-1985 (FS) or 655-9971 (SB).

New SKIES Unlimited AMR Studio — The studio is now open and offering classes in Lil Ninjas, Kenpo karate, Rock School, beginner dance, intermediate dance, hip hop and hula at the AMR SKIES Studio. Call 655-9818 for class availability or visit www.himwr.com.

Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923 (AMR/FS) and 655-6465 (SB).

Happy Bowling Birthdays — As an FS bowling center special, birthday keiki will receive a commemorative, authentic free bowling pin. For parties of 10 or more. Call 438-6733.

Catering and Event Services — Baby’s first birthday? Graduation party? Hail and farewell? Book an event at Army clubs. Call 438-1974 (FS) or 655-4466 (SB) to speak to catering managers.

FS Cosmic Bowling — Every Saturday, from 7:30-11:30 p.m., eat, dance and bowl with DJ Derek Walker. Call 438-6733.



Lt. Col. Christopher Mahnke, director, PATH, TAMC, demonstrates how to navigate through the PATH system that is used to communicate between providers of the Western Pacific Region, recently.

Tripler’s ‘PATH’ provides virtual physician help

Story and photo by
SPC. PAXTON BUSCH
Pacific Regional Medical Command
HONOLULU — Tripler Army Medical Center and Pacific Regional Medical Command are sharing telemedicine technology with Navy Medical East (NME) to enhance patient care.

TAMC developed the Pacific Asynchronous TeleHealth (PATH) system to provide virtual specialty physician support to areas within the Western Pacific region, including Japan, South Korea and Guam where access to medical and surgical specialists is limited.

The PATH system is a Web-based, secure telemedicine platform hosted at TAMC since 2004 that enables remote providers to submit patient demographics, clinical data and supplementary multimedia to TAMC, the only DOD tertiary care facility in the Pacific region, where they will be screened by physician managers and forwarded to the appropriate

specialists.
PATH also manages all patient movement to TAMC for complex diagnosis and treatment.

In June 2014, the PATH Team partnered with Naval Medical Center Portsmouth (NMCP) to establish their own virtual specialty consultation system, called Health Experts onLine at Portsmouth (HELP). Hosted at TAMC, the HELP system will connect physicians within NME to the specialty experts at NMCP.

The NME region spans 10 time zones, making real-time teleconsultation impractical.

“The HELP system allows input of the medical history and physical symptoms of the patient, the medications they are on and the consult question,” said Cmdr. Andrew Lin, the HELP director. “Providers can also upload media files, like pictures, X-rays or

See TAMC B-7

New-to-U.S. mosquitoes require added protection

ARMY NEWS SERVICE
News Release

A virus called “chikungunya” carried by mosquitoes that are common in the continental U.S. is likely to appear in locations where Soldiers, Army civilians and their families work and live.

The virus, transmitted by the bite of an infected mosquito, causes high fever and joint pain, public health experts at the U.S. Army Public Health Command said.

Symptoms also can include headache, muscle pain, joint swelling and rash, according to the U.S. Centers for Disease Control and Prevention.

Symptoms can last three to seven days, even up to two weeks. In some people, the joint pain may persist for months, according to USAPHC physician-epidemiologist Lt. Col. Laura Pacha.

As of July 15, the CDC reported approximately 234 travel-related cases in the U.S., most brought in by travelers to the Caribbean, where the disease appeared for the first time this year. Outbreaks of the disease previously occurred in countries in Africa, Asia and Europe. Two cases of locally acquired chikungunya were recently reported in Florida, the first in the continental U.S.

“Due to the similar symptoms, chikungunya could be easily confused with dengue fever or even malaria,” Pacha said. “If you experience these symptoms, whether you have traveled or not, be sure to go to your doctor and get your illness properly diagnosed.”



Graham Snodgrass, U.S. Army Public Health Command

The Aedes albopictus mosquito can also spread the chikungunya virus.

Treatment

There is no vaccination or medicine to cure chikungunya; treatments such as rest, fluids and nonsteroidal, anti-inflammatory medicines help alleviate symptoms until the disease goes away, usually in a week or two, Pacha said.

Prevention USAPHC experts say the best form of prevention is to avoid mosquito bites altogether.

“Always apply DEET or picaridin repellent on exposed skin, Pacha said. “If you go on leave, especially to where chikungunya is found, treat your clothing with permethrin us-

ing an aerosol can or IDA kit (Individual Dynamic Absorption Kit for uniforms).”

The IDA kit is only authorized for use on military uniforms, not civilian clothing.

Since the kinds of mosquitoes that carry the diseases can bite during the day, as well as at dawn and dusk, USAPHC experts suggest wearing loose, light-colored clothing — long-sleeved shirts and long pants, and permethrin-treated clothing.

For Soldiers wearing the permethrin-treated Army Combat Uniform, wearing the uniform properly is also important. Appropriate dress means wearing sleeves rolled down, all open-

Learn More

More information on protecting yourself and your home from chikungunya and on the DOD Insect Repellent System is available from these sources:

- U.S. Army Public Health Command at http://phc.amedd.army.mil/PHCResourceLibrary/Chikungunya_FS_18-029-0714.pdf, and
- U.S. Centers for Disease Control and Prevention at www.cdc.gov/chikungunya/index.html.



ings closed, pants tucked into boots, and undershirts tucked into pants. Loose uniforms are also a good idea, since mosquitoes can bite through fabric that is tight against skin.

In addition to protecting your body, USAPHC experts recommend carrying the fight against chikungunya to the places where mosquitoes live and breed.

Entomologists at the USAPHC advise staying in air conditioning and ensuring that window screens are in place, tight and without holes. If sleeping outdoors, permethrin-treated mosquito netting should be used.

Around the house, standing pools of water in tires, buckets, trash cans and the like should be emptied. The mosquitoes that carry chikungunya breed in water.

(Editor’s note: Story by Public Affairs Office, U.S. Army Public Health Command.)

Claim issues on webinar

TRICARE offers help with appeals process

TRICARE
News Release

TRICARE and Military OneSource are co-hosting a webinar to educate TRICARE beneficiaries about the TRICARE claims and appeals process.

The webinar will take place on Thursday, July 31, at 7 a.m. (1 p.m., Eastern Time).



Registration is on a first-come, first-served basis and is limited due to system capacity. Participants must avoid sharing personal health information when asking a question.

Providers and TRICARE beneficiaries file claims for TRICARE to pay for covered services or supplies provided by civilian providers. Appeals occur when a provider or beneficiary requests reconsideration of coverage, authorization or a claims decision.

The presenter for this webinar is Francine Forestell, who works for the Defense Health Agency in its Communications Division. Her primary responsibility is customer service support, and assisting beneficiaries and others in understanding the TRICARE benefit. She has 12 years of experience in this role and has served 23 years as an Army Nurse Corps Officer.

Register

To sign up for the July 31 webinar, go to <https://www2.gotomeeting.com/register/811213674>.

To get more information about TRICARE claims or appeals, visit www.tricare.mil/claims.



‘Final Rule’ broadens mental health coverage

AMAANI LYLE

DOD News, Defense Media Activity

WASHINGTON — TRICARE military health plan beneficiaries will now have access to both TRICARE-certified mental health counselors and supervised mental health counselors, a Defense Health Agency official said, here, July 18.

In an interview with DOD News, Dr. John Davison, DHA’s behavioral health branch chief, said the so-called “Final Rule,” will go into effect Aug. 18 and is a follow-on to an interim rule published in 2011.

“This will help ensure that no matter where our beneficiaries may be living, they can access the services of either a supervised mental health counselor or a TRICARE-certified mental health counselor and still receive high-quality mental health care,” he said.

The changes, Davison explained, came about as the result of TRICARE goals to standardize care despite license criteria variation across states. Many beneficiaries elect to keep their current supervised mental health counselors, he added, and TRICARE will continue to authorize such treatment indefinitely.

TRICARE-certified mental health counselors differ from supervised mental health counselors in that the former have the education and training experience that meet Institute of Medicine recommendations, enabling

“No matter where our beneficiaries may be living, they can access the services of either a supervised mental health counselor or a TRICARE-certified mental health counselor and still receive high-quality mental health care.”

— Dr. John Davison

DHA’s behavioral health branch chief

them to practice independently to diagnose and treat mental illness without physician oversight, Davison said.

Beneficiaries can access the services of both types of mental health counselors through TRICARE’s managed care support contractors: United HealthCare, HealthNet Federal Services and Humana ValueOptions.

“These managed care support contractors also provide services of other mental health practitioners, such as psychiatrists, clinical psychologists, clinical social workers and psychiatric nurse specialists,” Davison said.

Davison also emphasized that the Final Rule creates no disruption to beneficiaries’ current care or services.

“If they’re receiving care from a supervised mental health counselor, and they like that counselor,” he said, “they may continue to do so, and TRICARE will reimburse those claims.”

Ultimately, Davison said, beneficiaries have ongoing, high-quality mental health care with access to a robust pool of counselors.

“We’re very happy that we continue to provide these services through the TRICARE health benefit to serve the mental health needs of our beneficiaries and service members,” he said.

We Recycle



Did you know that when you recycle, the Garrison earns money?


Keep recycling!



New ‘Triad’ week offers health tips

U.S. ARMY GARRISON-HAWAII
Public Affairs


Week 8 of the Performance Triad begins Sunday. Be sure you are progressing in this 26-week health challenge by targeting the vital components of healthy living: sleep, activity and nutrition.



Sleep Goal


Nap wisely. Napping can be a good way to make up for poor/reduced nighttime sleep, but naps longer than 1 hour or taken late in the day (after 3 p.m.) can cause problems falling asleep.

If you need to nap for safety reasons (for example, when driving), try to take a short (30-60 minute) nap in the late morning or early afternoon, such as right after lunch, to take the edge off your sleepiness.



Activity Goal

Are you wary about strength training activities? No need to fret. Contact your local physical fitness center for an appropriate fitness plan tailored to your needs.




Nutrition Goal

Remember to get your dairy. Consuming low-fat or skim dairy products provides health benefits — especially improved teeth and bone health.

Also, dairy consumption reduces the risk for cardiovascular diseases and type 2 diabetes.

Online

For tips on making wise dairy choices, visit www.Choosemyplate.gov/food-groups/dairy-tips.html. For activity insights, visit [http://phc.amedd.army.mil/organization/institute/dhpw/Pages/armywellnesscenter soperation.aspx](http://phc.amedd.army.mil/organization/institute/dhpw/Pages/armywellnesscenter%20operation.aspx).



The American College of Sports Medicine (or ACSM) also has great information about the importance of strength training at [www.acsm.org/docs/current-comments/strength trainingforbmh.pdf](http://www.acsm.org/docs/current-comments/strength-trainingforbmh.pdf).

TAMC: Techology shared

CONTINUED FROM B-5

sound files.

“Once the consult is added to the system,” Lin continued, “it comes to a consult manager at NMCP, who decides which specialty expert can best assist, and then the specialist suggests a course of treatment based on the case presented.”

TAMC PATH Director Lt. Col. C. Becket Mahnke said both PATH and HELP are simple and inexpensive technologies that work well for providers in different time zones seeking consultation on nonemergency cases.

“I think it will be important for Navy Medicine East. We’ve found that two-thirds of the clinical questions in PATH can be answered quickly and without that face-to-face visit with the specialist,” stated Mahnke, adding that 97 percent of consults are answered within a week.

According to Mahnke, PATH also has a track record for cutting costs and is hopeful that the Navy sees the same success. A review of 1,000 pediatric teleconsultations conducted in 2011 showed an annual cost reduction of \$200,000 by preventing unnecessary air evacuations and face-to-face consultations.

This year, Mahnke received the General Maxwell R. Thurman Award for Excellence in Telemedicine and Advanced Medical Technology for his achievements with the PATH system and advancement of telemedicine/telehealth.